

### Which of the 10 Simple Steps Can You and Your Family Take to Help Improve Air Quality?

**1. Trip chain.** It's easy! It's when you combine errands into one trip. When you first start a car after it has been sitting for more than an hour, it pollutes up to five times more than when the engine's warm.

**2. Care for your car.** Regular maintenance and tune-ups, changing the oil and checking tire inflation can improve gas mileage, reduce traffic congestion due to preventable breakdowns and it could reduce your car's emissions by more than half.

**3. Don't top off the tank.** It releases gas fumes into the air and cancels the benefits of the pump's anti-pollution devices. So stopping short of a full tank is safer and reduces pollution.

**4. Get fuel when it's cool.** Refueling during cooler periods of the day or in the evening can prevent gas fumes from heating up and creating ground-level ozone.

**5. Know before you go.** Get travel and transit updates before you leave home and you won't get stuck in a jam.

**Word Search**

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**8. Share a ride.** Even if you car pool or take mass transit just once or twice a week, you'll reduce traffic congestion and pollution, and save money.

**9. Telecommute.** Work at home sometimes. You'll save time and money, and reduce emissions and traffic congestion.

**10. Spread the word.** If everyone took just a few of these simple, easy steps, it could make a big difference because—

*It all adds up to cleaner air*

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To deliver messages about decreasing congestion and improving air quality, New York City McDonald's restaurants added their logo to *It All Adds Up to Cleaner Air* placemats and used them as tray liners. The public reacted positively to the tray liners, becoming more receptive to messages about how their personal commuting habits affect local air quality.

*It all adds up to cleaner air*